**Elliptical Machine**

Nowadays, many people have become health conscious. For maintaining good health, people are doing daily exercise. Even they are buying elliptical machines at home. An elliptical machine is a great thing for regular exercise. Patients with a cardiac problem can also use it. Also, orthopaedic patients can use an elliptical machine on a low intensity. You can lose weight by doing the elliptical workout. It is low maintenance and low-impact workout process. On an elliptical workout session, you can enjoy your favourite song, read novels, watch television. It is a better way of losing weight. You need to work for 30 minutes per day on your elliptical to lose weight. Firstly, you can slow down the pace to get used to it. After-that gradually increase the pace also increase resistance. In the very beginning, keep your workout session smaller and then gradually increase the session timing. Workout for 30 to 35 minutes per day has a good impact on losing weight. But you need to take rests after every twenty seconds for ten more seconds. If a person is doing the workout every day, he needs to take a break after every 7 to 10 days. Hence one-day break help to rebuild damaged tissues. If you use the elliptical every day, you'll feel tired and sleepy. So it's better not to work out every day. Losing belly fat is using the elliptical machine is not impossible. It is a steady process, but it works. You have to stand straight, keeping your feet flat on the paddle. Keep your body in the upright position. Increase the resistance level and try to paddle fast. Paddling faster helps you lose more belly fat.

There are different methods you can try on the elliptical machine. For losing weight, settle resistance to the lowest also adjust the incline at it's lowest and paddle to your full extent. After a one-minute increase in difficulty level. Then decrease difficulty level and paddle backward. Continue this process for about thirty minutes. For a better buttock, you can start with a steady speed and resistance. But increase the speed gradually till you're sweating. Keep doing this for good ten minutes. Do this exercise for twenty minutes between an interval of some ten minutes. Keep changing the resistance, pace, and incline to target your buttock and keep paddling forward and backward. Resistance training is the only way of making good abs. High-impact elliptical machines help to improve abs. By strength-training, you can achieve resistance. Higher resistance allows you to carry more weights. And more weights help you to get good abs. On the other hand, low-impact ellipticals do the opposite things. By doing an elliptical workout, both the upper and lower body can be affected. But the lower part is targeted mainly. As your feet move backward and forward, your lower part of the body affects more especially the glutes, quadriceps, calves, hamstrings. But you can increase the effectiveness of your workout by doing some additional things. You have to eat protein after the workout session. Before the workout session try consuming berries, beans, almonds, coffee, etc. This will help you to increase your metabolism. Lastly, drink enough water throughout the day.